## Mental Health & Mindfulness



# What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.<sup>1</sup> Mental health is important at every stage of life, from childhood and adolescence through adulthood.



# 5 Steps to Improve Mental Health & Wellbeing

#### **Connect with Other People**

- Help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provide emotional support and allow you to support others

#### **Be Physically Active**

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood
- Read about exercise guidelines and workouts to help improve your fitness and wellbeing

#### Learn New Skills

3

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

# 5 Steps to Improve Mental Health & Wellbeing

(cont.)

#### Give to Others

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- helping you connect with other people
- It could be small acts of kindness towards other people, or larger ones like volunteering in your local community

#### Pay Attention to the Present Moment (mindfulness)

- Attention to the present moment
- Thoughts and feelings
- Your body

5

• The world around you

## **Connect with Others**



## **Be Physically Active**



### Learn New Skills

DO		<u>DON'T</u>	
Try learning something new	Try taking on a new responsibility		Feel you must learn new
Work on a DIY project	Signing up for a course at a local college	qualifications or sit exams if this does not interest you	
Try new hobbies that challenge you	Find activities you enjoy and make them a part of your life		

### **Give to Others**

<u>DO</u>

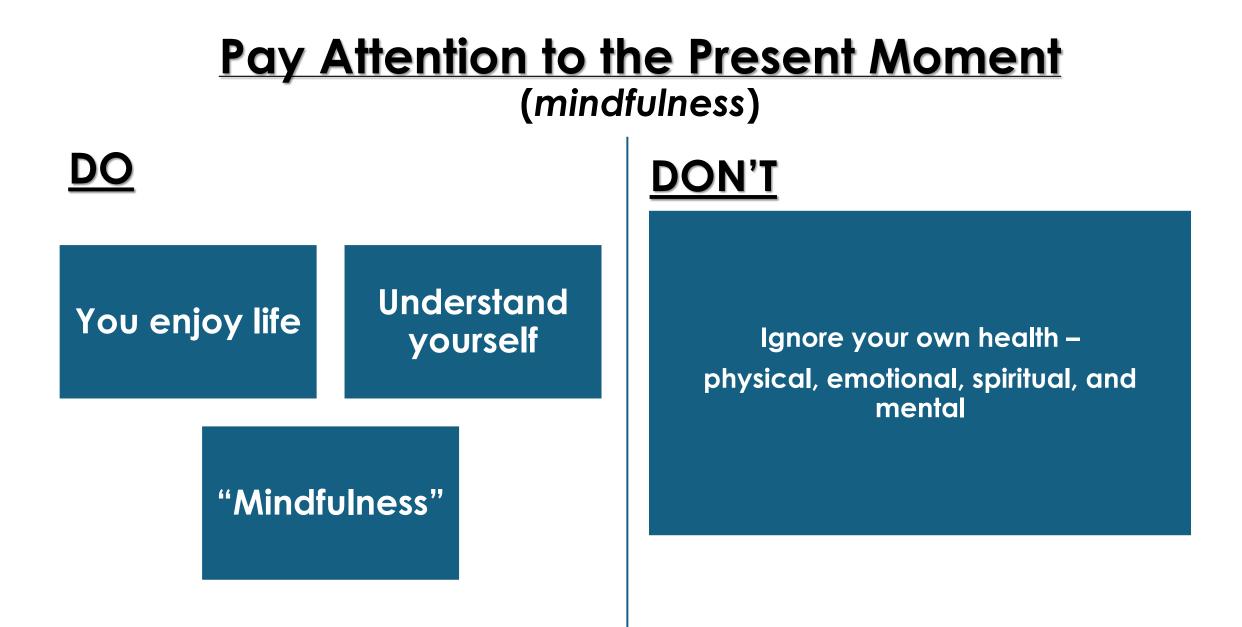
### <u>DON'T</u>

Say thank you to someone for something they have done for you Spend time with friends or relatives who need support or company

#### Deny yourself

Hold back on taking a vacation or break when needed

Volunteer in your community Be afraid to reach out for support



### **Mindfulness Exercises**

#### Meditation exercises can reduce or eliminate:

Stress	
Anxiety	
Pain	
Depression	
Insomnia	
High blood pressure (hypertension)	
Meditation may also help people with asthma and fibromyalgia	

## **Meditation - Thoughts and Emotions**



### Improve attention



### Decrease job burnout



#### Improve sleep



Improve diabetes control

# <u>TED Talk Video-</u> <u>What is Selfishness?</u>





Mayo Clinic- <a href="https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356">https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356</a>



*MENTAL HEALTH FOR PROVIDERS* - <u>https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/</u>

Thank you and be kind to yourself!